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ABSTRACT

Recognizing that the development of an emotional bond between children and their parents stems from the ability to express love and the willingness to share time together, this book is designed to assist parents spend quantity time with their children and establish opportunities for appreciating each other's company. The book is based on START principles (Shaping Tomorrow's Adults by Reaching Out Today) which help parents integrate parenting, work, and leisure and rearrange priorities. Chapter 1 of the book, "A New Life and Your Part in It," describes the basic requirements for a secure parent-child bond. Chapter 2, "Developing a New and Improved Attitude," emphasizes the need to use children's available time to build relationships. Chapter 3, "Tomorrow I'll Make Some Time for My Child," suggests time-saving techniques for maximizing time and work at home and helps to rearrange priorities. Chapter 4, "Playing Is for Children...And For You, Too" highlights play activities throughout infancy and childhood. Chapter 5, "Creating a Lifetime of Memories," suggests "routines, rituals, and ridiculous activities" that contribute to childhood memories. Chapter 6, "I Definitely Need Some Time for Myself," presents information on identifying stressors and suggests stress management techniques. Chapter 7, "Children Learn What They Live," focuses on children's motivation and discipline techniques. Chapter 8, "Love is Spelled T-I-M-E," focuses on building a balance between family, work, and leisure. Chapter 9, "A Twelve-Month Guide to Spending More Time with Your Child," provides a monthly or yearly calendar of the START principles. Contains 37 references. (KB)

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